

Fareham & Gosport Course Calendar 2026

All courses require the attendee to have spoken with a Wellbeing Advisor for assessment and to be signed up prior to the start date or attending. Dates indicate the start of a 4-6 week course. Groups rotate weekly.

March/April Gosport Wellbeing Centre	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Confidence & Resilience 10-11.30	Anxiety Management 10-11.30		Mindfulness 10.-11.30 Veterans Social - 5 th March (Drop in Group) 10.30 - 11.30am	Wellbeing Social (Drop in group) 10.00-11.00
Afternoon	Self-Esteem 13.00-14.30			Creative Group 12-13.30	 Wellbeing Centre Fareham and Gosport
Wednesday Evenings 18.00-19.30	4 th March - Carers Group 11 th March - Operation Welcome Drop In Group Military & Anchoring Minds (Drop-In) 18 th March - Neurodiverse Social				

Fareham & Gosport Course Calendar 2026

All courses require the attendee to have spoken with a Wellbeing Advisor for assessment and to be signed up prior to the start date or attending.
 Dates indicate the start of a 4-6 week course. Groups rotate weekly.

March/April Gosport/Fareham Community	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Ancaster - Warsash/Locksheath Lifting Low Mood 10-11.30	Westbury Manor Museum TLC 10.30 - 12	Fareham - Broadlaw Managing Emotions 10-11.30	
Afternoon	Gosport Discovery Centre 18-30s Social 14.00-15.30				



Wellbeing Centre
 Fareham and Gosport

Contact us on 01329 281445 - 31 High Street, Gosport, PO12 1DF